



Mussels in Green Peppercorn Sauce

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup wine dry white
- ☐ 2 tablespoons flat parsley chopped
- ☐ 1.5 teaspoons peppercorns dried green crushed
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 4 pounds mussels scrubbed
- ☐ 0.5 cup shallots chopped
- ☐ 2 tablespoons butter unsalted

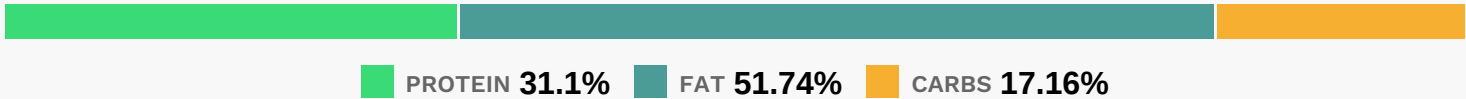
Equipment

- ☐ bowl
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Cook shallots in butter with 1/4 teaspoon salt in a 5- to 6-quart heavy pot over medium heat, stirring occasionally, until softened, 3 to 4 minutes.
- ☐ Add peppercorns and cook, stirring, 2 minutes, then add wine and bring to a simmer.
- ☐ Add mussels and cook over high heat, covered, stirring once, until mussels just open wide, 5 to 7 minutes. Discard any that remain unopened after 7 minutes.
- ☐ Transfer mussels with a slotted spoon to serving bowls. Stir cream into cooking liquid and bring to a boil. Stir in parsley and salt to taste. Spoon sauce over mussels.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:5.73, Inflammation Score:-9, Nutrition Score:32.275652263476%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 422.1kcal (21.1%), Fat: 21.64g (33.3%), Saturated Fat: 11.43g (71.43%), Carbohydrates: 16.16g (5.39%), Net Carbohydrates: 15.15g (5.51%), Sugar: 3.79g (4.21%), Cholesterol: 113.44mg (37.81%), Sodium: 716.18mg (31.14%), Alcohol: 6.18g (100%), Alcohol %: 2.17% (100%), Protein: 29.27g (58.55%), Vitamin B12: 27.82µg (463.66%), Manganese: 8.03mg (401.28%), Selenium: 105.02µg (150.02%), Iron: 9.81mg (54.5%), Phosphorus: 504.36mg (50.44%), Vitamin K: 34.95µg (33.29%), Vitamin B2: 0.56mg (33%), Vitamin C: 23.71mg (28.74%), Folate: 112.25µg (28.06%), Zinc: 3.99mg (26.6%), Vitamin B1: 0.4mg (26.59%), Potassium: 922.66mg (26.36%), Magnesium:

94.09mg (23.52%), Vitamin A: 1152.05IU (23.04%), Vitamin B3: 3.87mg (19.37%), Vitamin B5: 1.36mg (13.61%),
Vitamin B6: 0.26mg (13.01%), Copper: 0.25mg (12.66%), Vitamin E: 1.74mg (11.57%), Calcium: 100.56mg (10.06%),
Fiber: 1.01g (4.05%), Vitamin D: 0.58µg (3.87%)